



Red Oak Middle School Lunch Menu

NOVEMBER 2016

28

MONDAY

- Classic Cafe** Cheesy Ranch Chicken over Fluffy Rice, Breadstick and Sweet Green Peas
- Diner Station** Cheeseburger
- Fresh Choices** Pretzel Bites/Cheese Cubes

01

THURSDAY

- Classic Cafe** Panini Sandwich
Homemade Chicken Noodle Soup
- Pizza Parlor** Taco
Cheese
Specify Pizza Variety
- Fresh Choices** Chef Salad & Dinner Roll

29

TUESDAY

- Classic Cafe** Homemade Meatloaf
Mashed Potatoes & Gravy
Fresh Bread
- Pizza Parlor** BBQ Chicken
Cheese
Specify Pizza Variety
- Fresh Choices** Popeye Salad & Dinner Roll

02

FRIDAY

- Classic Cafe** Turkey Tetrazini
French Bread Slice
- Diner Station** Max Stick
- Fresh Choices** Honey Mustard Wrap

30

WEDNESDAY

- Classic Cafe** Buffalo Chicken Fajita Wrap
Refried Beans
- Diner Station** Fish Sandwich
- Fresh Choices** Turkey BLT Wrap

EXTRA INFO



Milk choice of 1% White, Skim or Chocolate Skim is included with lunch.
For questions or comments, contact the Food Service Director at: riibem@roschools.org, or call 712.623.8351

Menus are subject to change without notice. This Institution is an equal opportunity provider.

